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BOOTING UP THE BUDGET

Finance Minister Maureen MacDonald, right, gives work boots to Christina Bell, an industrial mechanical student at the Nova Scotia Community College's campus on Leeds Street, Wednesday, as part of a pre-budget photo opportunity. MacDonald is delivering her budget on Thursday.

For story, see page 3. JEFF HARPER/METRO

Province to school boards: Suspend review process

School closure delay. Opposition skeptical of timing with possible election looming



The province's opposition parties are calling the decision to possibly delay upcoming school closures and reviews a political one, bent on winning over the public for a looming election season.

On Wednesday afternoon, Minister of Education Ramona Jennex requested all school boards suspend the school-review process for 2013-14 until a new one is developed, and delay any closures decided upon this year.

"We are going to actually clean everything off the table. We don't know what this is going to look like in the end,"

said Jennex at Province House Wednesday afternoon.

"This is going to be up to Nova Scotians."

Jennex said although the department made changes to the process last year, she heard from school boards that it was still too adversarial and "very upsetting to communities."

The minister said she would like to form a committee to create a discussion paper on the issue for this fall, and hopes to have a new process ready for next spring.

Bass River Elementary and Gold River-Western Shore School were slated to close this year, but will remain open until the next review if Jennex's request goes through.

Jamie Baillie, leader of the Progressive Conservatives, said it's good the government is finally recognizing the importance of schools in rural areas.

"It's clearly a deathbed conversion, though, on the eve of an election," Baillie said.

HRM schools affected

HRM schools that could have their review process delayed:

- Joseph Howe School
- Terence Bay Elementary

Opposition Leader Stephen McNeil of the Liberals agreed the government is only now making this move because of an impending election.

"(They're) hoping that if they make some of these issues go away, that Nova Scotians ... will forget about the fact that they cut \$65 million out of public education," he said.

Halifax Regional School Board chair Gin Yee said his board will vote on the issue April 10.

"Having this time of suspending the process and taking the time to review ... is a positive thing," Yee said.

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Serious injuries

## Pit bull attacks 5-year-old girl

Police say a five-year-old girl suffered serious facial injuries after being attacked by a pit bull on Wednesday afternoon.

Lunenburg County RCMP say they responded to a 911 call around 4 p.m. from a New Germany homeowner who said her 18-month-old pit bull attacked the child inside her residence.

The girl was taken by paramedics to the IWK Health Centre.

The dog was seized by Lunenburg County Animal Control and will be put down as per orders of the owner.

Police say they don't anticipate charges being laid. **METRO**

Sober second thoughts

## Just can't wait to get hitched? It may get easier

If you are planning to get married in Nova Scotia, the government wants to make it easier for you to get down the aisle.

Service Nova Scotia Minister John MacDonell announced on Wednesday an amendment to the Solemnization of Marriage Act would eliminate the five-day waiting period between the time a licence is applied for and when it can be picked up.

MacDonell said the waiting period was first introduced in 1931 and is believed to have been put in place to allow time for sober second thought.

**THE CANADIAN PRESS**



Finance Minister Maureen MacDonald switched up tradition of trying on pre-budget shoes by handing over work boots to a college student instead. MacDonald didn't give any details Wednesday about the budget, but said it will be balanced, grow the economy, and contain improvements in health care. **JEFF HARPER/METRO**

# N.S. budget will be balanced: Minister

**Money management.** Provincial Tories, Liberals say they're prepared for accounting tricks



**HALEY RYAN**  
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Nova Scotia's finance minister is giving her first provincial budget the boot.

On Wednesday, Maureen MacDonald switched up the tradition of trying on pre-budget shoes, handing over work boots to a college student instead.

"I have all the shoes I need, and the budget tomorrow really is about putting people back to work," MacDonald said during the event at the Nova Scotia Community College's Institute of Technology campus on Leeds Street in Halifax.

MacDonald presented the boots to Christina Bell, an industrial mechanics student, because she said the budget is focused on getting young people into the labour market.

The finance minister said she was wearing the same shoes she had on when she was sworn into cabinet in 2009 because they are still comfortable and signify "four years of

very hard work."

MacDonald wouldn't give any details about the budget, but said it will be balanced, grow the economy, and contain improvements in health care.

Liberal Leader Stephen McNeil said on Wednesday his party is expecting some "sleight of hand" from the NDP because he's not sure how the party can cut the \$300-million deficit in one move.

"We ... believe what they're going to do is off-load a bunch of expenditures for this coming year, back-load it to balloon the deficit of the current year, and make it look like they've bal-

**Opposition says...**

**"Maybe they'll practise a Houdini act."**

N.S. Liberal Leader Stephen McNeil

anced a budget," McNeil said.

Tory Leader Jamie Baillie said the previous deficit budgets the government have made in the past added a huge amount to the province's debt.

"I do hope it's truly balanced," Baillie said. "(But) that's a billion dollars of additional debt that our children will pay, no matter what happens tomorrow."



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## Well, you can't argue with that logic

A man with a typewriter walks past a literary quotation written in a window in Halifax on Wednesday afternoon. It was a wintry day in the city with temperatures hovering around the freezing mark. JEFF HARPER/METRO

# HRM gives youth a shot at getting job experience

The municipality is getting a thumbs-up for taking steps to get more young people into jobs.

Chief financial officer Greg Keefe briefed the audit and finance committee on a new program that will fill permanent positions with rotating 18-month internships.

Keefe said HRM will also waive the experience requirements for some of its permanent employee positions.

"One of the things we

### Leading the way

**"Our public institutions have to set an example for the private sector."**

Jonathan Williams, Students Nova Scotia

hear from new grads is, they can't get a job because they don't have experience, they've had to leave to go elsewhere to get experience," he said.

Jonathan Williams, the executive director of Stu-

dents Nova Scotia, said the "experience trap" is driving too many young people out of province and said the municipality is taking a step in the right direction.

No one from HRM was available to provide details on how many positions might have the experience requirement waived, but Williams said the figures aren't as important as the symbolic value.

"It's nice to see the city taking a leadership role," he said. RUTH DAVENPORT/METRO

# City staff split over raising residential tax

**4-3 vote.** Proposed municipal budget will raise general tax rate by 2.5 per cent



RUTH DAVENPORT  
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City staffers are recommending a municipal budget for 2013-14 that will raise the tax bill on an average uncapped home by \$35.

Chief financial officer Greg Keefe presented two scenarios to HRM's audit and finance committee Wednesday morning: one that raises the general tax rate by 2.5 per cent, or inflation plus one per cent, and a second with a zero per cent increase.

The committee approved the recommendation for a 2.5 per cent increase by a vote of 4-3, to the dismay of zero-per cent crusader Coun. Tim Outhit.

"Raising taxes should be a last resort, not the default option," Outhit told the

committee before the vote.

Under a zero per cent increase, the average tax bill would fall by about a dollar, and Keefe told the committee an additional \$7 million would have to be found in savings.

Outhit said that could easily be done, noting the municipality has a \$27-million cushion heading into 2013-14 and a total budget of \$930 million.

"It's not every year we're going to see an \$11-million lift and \$16-million surplus, so why don't we pass that on to our taxpayers?" he said.

Keefe said HRM's business units have already cut \$13 million in savings, and there wasn't much room in the capital budget for more cuts.

Coun. Russell Walker cautioned against squeezing the capital budget too far.

"For 10 years, we've been slashing and burning this capital budget and never putting enough into it," he said. "We've just neglected the infrastructure in HRM. There's got to be a time

### Cost-cutting crusader



**"Out of a total budget of \$930 million, if we were to cut \$7 million, we wouldn't have to raise taxes. That doesn't sound all that difficult, folks."**

Coun. Tim Outhit

when things have got to start."

Coun. Barry Dalrymple also pointed out that HRM must pay \$16 million for provincially-mandated costs and programs this year.

"With the increase in revenues that we get each year... I do agree that should normally be enough for us to pay our way," he said.

"But ... that's \$16 million on our backs from the province in this year alone; I think that's a huge budget changer."

# Changes coming to commercial tax rate

The members of HRM's audit and finance committee have accepted a recommendation to change the way commercial taxes are established.

Chief financial officer Greg Keefe said tying commercial taxes to HRM's GDP, rather than to residential taxes, provides a better measure of the overall tax burden.

"If we're staying at the same percentage of GDP or slightly lower, as a municipality we're probably not being too unreasonable in the amount of commercial tax we're collecting," he said.

Commercial taxes were historically set using a multiplier of the residential tax

### Cash in hand

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The amount saved on a \$40,000 tax bill after dropping the commercial tax rate to 6.9 per cent from 7.6 per cent.

rate.

The change drops the commercial tax rate from 7.6 to 6.9 per cent, and reduces a \$40,000 tax bill by \$275.

Keefe said the savings may be minimal, but severing the link with residential rates is the first step to establishing a separate commercial tax policy.

He also told the commit-

tee that his department is not recommending pursuing a tax rate specifically for small businesses, saying it's an expensive change with minimal impact.

"What we have in our database is the assessment of the property, and small properties can be owned by big businesses," he said.

"Big properties can be owned by small businesses; there isn't a really tight tie."

Keefe did recommend moving to a three-year average of commercial property values to determine assessments, which would eliminate large spikes in the yearly assessments.

RUTH DAVENPORT/METRO

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# 'I like it. I get to play hockey all day'

**Puck drop.** Tourney welcomes back pee wee team from Serbia

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WOODSIDE  
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The good old hockey game is the best game you can name, right? Well, that's certainly the case for a pee wee team from Serbia.

The A-level club is in HRM for the fourth time since 2006 to play with the Sackville Flyers pee wee AA team. The SEDMHA minor-hockey tournament runs Thursday through Sunday across the municipality.

"It's really nice here. I like it. I get to play hockey all day," said Strahinga Vdovic, captain of the Serbian Red Stars.

The 19-person team is here for just over a week housing with the Flyers and experiencing what the city has to offer.

"It's a huge experience for them," said Serbian assistant coach Jovica Rus. "It's not only hockey. They can see Canadian culture, meet Canadian fam-

## Nation within a nation

**"They think Canada is the best. They call it Hockey Nation."**

Gary Mannette, coach of the Sackville Flyers pee wee AA team

ilies because it's the best hospitality we've ever seen."

Rus said the players have a full itinerary planned by the Flyers' parents. They're visiting the Sugar Moon Farm, taking a ferry ride to tour downtown Halifax and watching a Halifax Mooseheads playoff game.

"It's nice to say the program is really full and interesting," Rus said.

Flyers coach Gary Mannette said the partnership started when a family from the team moved to Serbia and wanted to keep their son in hockey. The family met Rus and contacted Mannette to set the partnership in motion.

"Hockey is actually a small sport in Serbia, so it's a huge experience for them to see 300 teams competing in one city," Rus said.



Members of the Red Stars, a pee wee hockey team from Serbia, stretch on the ice at the Sackville Arena at the start of practice on Wednesday. The SEDMHA minor hockey tournament runs Thursday through Sunday across the municipality. JEFF HARPER/METRO



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## Government review finds no fault with ferry in fatality

There were no safety problems with the Englishtown ferry when a car drove off the end of the vessel last week into St. Anns Bay, an internal review shows.

Transportation Minister Maurice Smith said Wednesday there were no safety issues with the ferry or staff procedures.

Police divers on Tuesday recovered the body of Jerry Hengeveld, 81, of Waterville, N.S. RCMP say he was the lone occupant of the car that



The car of Jerry Hengeveld was brought to shore near the Englishtown ferry on Tuesday. CAPE BRETON POST

boarded the small cable ferry at Englishtown on March 25.

Witnesses say the car

failed to stop once it was on the ferry, hitting an elevated ramp at one end and plunging into the bay.

Police say an autopsy is scheduled on Hengeveld's body and investigators do not suspect foul play, but the investigation is ongoing.

Hengeveld's family says he had been driving around visiting friends but they became concerned about him and contacted the police on Friday to report him missing.

THE CANADIAN PRESS

### Talbot House

#### Cape Breton rehab centre to reopen

An addiction-recovery house for men in Cape Breton will reopen on April 15, more than a year after it was shut down.

Rev. Paul Abbass, executive director of Talbot House, says final preparations are underway as the centre prepares to welcome new residents.

Abbass says hiring is nearly complete and new staff members are being trained.

Talbot House closed in March 2012 during an organizational review by the Department of Community Services.

The review cited a number of problems, which were challenged by the home's board of directors. THE CANADIAN PRESS

### Indian Point

#### Police ID man who fell in ocean

Police have identified a

71-year-old fisherman who died after falling in the ocean near Indian Point.

The incident happened early Tuesday at the Indian Point wharf as two fishermen prepared to head out to tend to their lobster traps.

The Mounties say Reed Risser of Blockhouse fell in the water and was found floating unconscious in the water.

The Department of Labour has launched an investigation.

THE CANADIAN PRESS

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# Gay slurs shock council

**Manitoba town says sorry.** But owners of targeted restaurant will close it anyway



ELISHA DACEY  
Metro in Winnipeg

A Manitoba town council has issued an open letter condemning recent homophobic slurs toward a local restaurant.

It's "very disappointing" that the slurs against the restaurant, Pots N Hands, have "become an issue in our town," said the council in the Town of Morris, about 70 kilometres south of Winnipeg.

The owners of Pots N Hands, Dave Claringbould and his partner, say they plan to shut down April 13 because of the homophobic slurs made by a few locals.

"We were asked if somebody was going to catch something off of the plate because we had prepared the food on it," said Claringbould, 35.

There have been other incidents, too, said Claringbould — although the majority of townspeople have been friendly.

The council's open letter



Pots N Hands Restaurant owner and chef, Dave Claringbould, outside his Morris, Man., restaurant. Claringbould and his partner are closing their business because of homophobic insults. Claringbould said they are "very hurt and upset" by the homophobia. TREVOR HAGAN/THE CANADIAN PRESS

expressed regret that the restaurant would close.

"We as a council, along with our CAO, met for lunch at Pots N Hands to show support for this restaurant in our town," says the letter.

"In doing so, we made a public statement as a group that the people who represent Morris support our local businesses regardless of race, belief, and/or sexual orientation."

The letter added: "This

lunch occurred a week ago, and was certainly not the first time any of us had eaten there."

One resident, who asked not to be named, said she is disgusted by the prejudice.

"There's a couple of village-idiot rednecks, young fellas," she said.

"When they grow up they'll understand how their vicious tongues can hurt people."

WITH FILES FROM THE CANADIAN PRESS

# Magnotta treated for schizophrenia, court records show

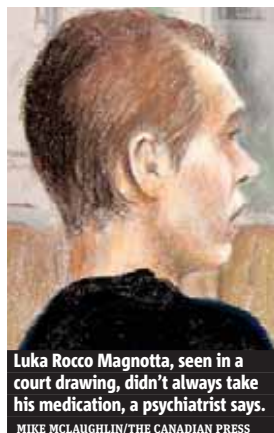
Luka Rocco Magnotta, accused of killing and dismembering a Chinese student, was treated for paranoid schizophrenia, newly revealed court documents show.

But his doctor said he didn't always take his medication.

A letter from Magnotta's psychiatrist was attached to the court file of Magnotta's 2005 conviction for fraud in Toronto.

It offers a glimpse into the mind of the man now accused in the gruesome slaying and dismemberment of 33-year-old Jun Lin.

Magnotta, 30, then known by his birth name, Eric Newman, suffered from paranoid schizophrenia since at least 2000 and was hospitalized



Luka Rocco Magnotta, seen in a court drawing, didn't always take his medication, a psychiatrist says. MIKE McLAUGHLIN/THE CANADIAN PRESS

several times, Dr. Thuraisamy Sooriabalan wrote.

"The treatment consists

of taking antipsychotic medications and attending (the) outpatient department for supportive psychotherapy and health education," wrote the doctor based at the Rouge Valley Health System's Centenary site in Toronto.

"Unfortunately Mr. Newman is not very regular in attending the outpatient department and as a result he misses his medications."

The letter was written in May 2005. It was released Wednesday after media outlets fought for it to be made public.

A preliminary hearing for Magnotta is underway in Montreal, where he faces several criminal charges including first-degree murder. THE CANADIAN PRESS

## War of words. All systems go for a 'lighter' nuke attack, says North Korea



Military exercises amid the tension: A U.S. Air Force F-22 Raptor stealth fighter takes off from an air base south of Seoul, South Korea, on Wednesday. BAE JUNG-HYUN/YONHAP/THE ASSOCIATED PRESS

North Korea is warning Washington that its military has been cleared to wage an attack using "smaller, lighter and diversified nuclear" weapons.

The threat is the latest in a series of escalating warnings from North Korea.

It has railed for weeks against joint U.S. and South Korean military exercises taking place in South Korea and it has expressed anger over tightened sanctions for a February nuclear test.

North Korea said troops have been authorized to

counter U.S. aggression with "powerful practical military counteractions."

Pyongyang said that America's ever-escalating hostile policy toward North Korea "will be smashed" by the North's nuclear strike and the "merciless operation" of its armed forces.

Meanwhile, the Pentagon said it will deploy a high-altitude missile defence system to Guam to strengthen the Asia-Pacific region's protections against a possible North Korean attack.

THE ASSOCIATED PRESS

## Cellblock fracas

### Officer not guilty of sexual assault

An Ottawa police sergeant has been found not guilty of sexual assault in connection with an incident in which a woman's shirt and bra were cut off while she was in custody at a police cellblock.

Steven Desjourdy could still face discipline under the Police Services Act.

Provincial Court Justice Tim Lipson delivered his ruling Wednesday after a trial heard from witnesses, including officers who were in the cellblock.

The complainant cannot be named to protect her identity. She has launched a civil lawsuit against Desjourdy and two special constables.

CFRA/THE CANADIAN PRESS

## Manchester, N.H.

### Why this city's a taxi desert

Chances are you won't get a cab in Manchester, N.H. — police sidelined all 18 licensed taxis for inspection failures or failing to show up for inspection.

Most were cited for mechanical violations.

THE ASSOCIATED PRESS

## Fish deformities

### Oilsands a risk like oil spills?

A top Canadian scientist says there are similarities between fish deformities found downstream from Alberta's oilsands and those observed after the Exxon Valdez oil spill in Alaska and Florida's Deepwater Horizon disaster.

David Schindler of the University of Alberta says some chemical or chemicals may be to blame.

THE CANADIAN PRESS

## Wishful Googling?

### Google's spring came early

Wiarton Willie's forecast of an early spring might have been wrong, but Google says the groundhog might have been reflecting what we were hoping for.

Google searches for "spring" came early — mid-February. "Spring" searches usually don't start peaking until March, Google says. METRO



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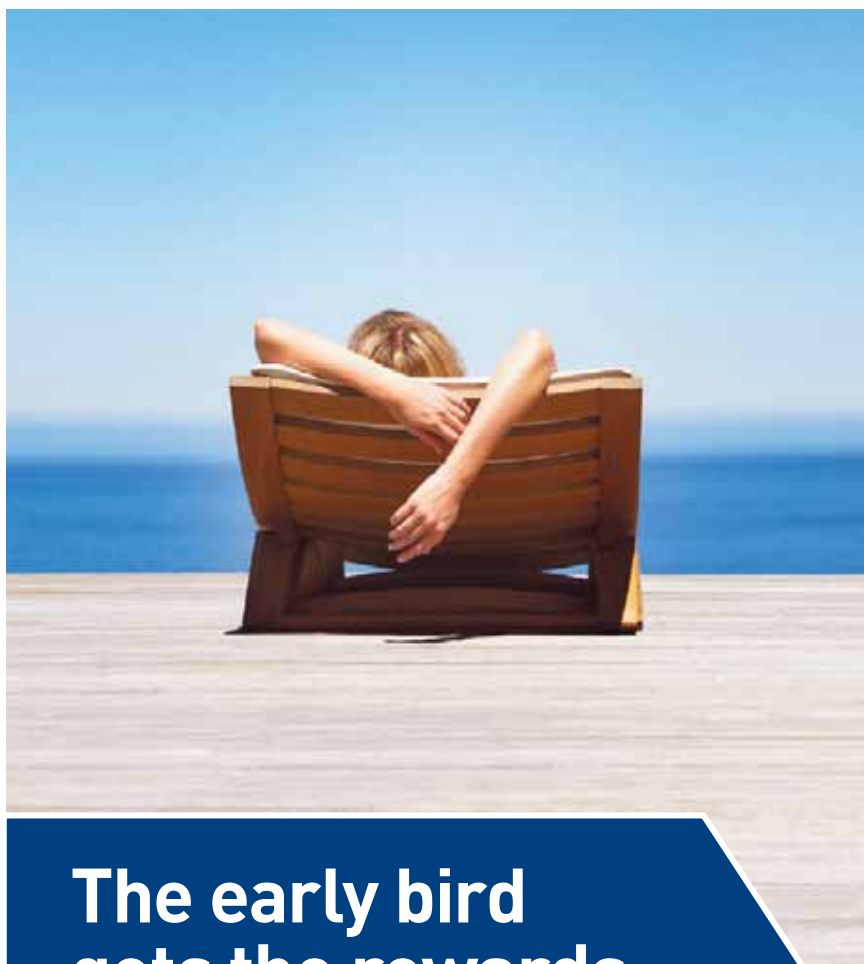
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A man pushes his bike through a flooded street in La Plata, Argentina, Wednesday. At least 52 people have been killed by flooding in the country's Buenos Aires province. NATACHA PISARENKO/THE ASSOCIATED PRESS

# Dozens dead in Argentina floods

## Torrential rains.

Some 2,500 people have been evacuated from their homes, while food supplies could be threatened

## Quoted

"Such intense rain in so little time has left many people trapped in their cars, in the streets, in some cases electrocuted."

Buenos Aires Gov. Daniel Scioli

At least 52 people died as flooding from days of torrential rains swamped Argentina's low-lying capital and province of Buenos Aires.

Nearly 50 people died Wednesday in and around the city of La Plata, Gov. Daniel Scioli said. Six deaths were reported a day earlier in the nation's capital.

Many people climbed onto their roofs in the pouring rain after storm sewers backed up. Water surged up through drains in their kitchen and bathroom floors,

and then poured in over their windowsills.

President Cristina Fernandez arrived by helicopter in Tolosa, a La Plata neighbourhood where she grew up and where her mother was among those evacuated. She announced security measures to combat vandalism, help for identifying the dead, and three days of national mourning for the victims.

She was then surrounded by neighbours. Some hugged and thanked her. Others com-

plained angrily and shouted at her to "go away."

A day earlier, the capital of Buenos Aires was hit hardest. About 100 millimetres more of rain were expected before the bad weather passes on Thursday, the national weather service said.

The flooding threatened to ruin food supplies across La Plata's metropolitan area, which has nearly 1 million people. It also closed the private Spanish Hospital, after waters rushed into the basement, cutting power and destroying equipment.

"We're sending away all the patients and the hospital will be closed for several days," said Sebastian Sambon, one of the hospital's officials. "We're telephonically cut off, and without power since last night. The hospital is collapsed."

THE ASSOCIATED PRESS

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# Prison guard pulled teen's hair, cursed at her, Smith inquest hears



Peter Guenther, former executive-director of the Regional Psychiatric Centre in Saskatoon, leaves the Ashley Smith inquest in Toronto on Wednesday. Guenther said he had never seen someone so persistently self-harming as the teen was. COLIN PERKEL/THE CANADIAN PRESS

**Testimony.** Psych centre director who worked with teen recounts alleged prison abuse

A deeply disturbed teenager was moved from a prison psychiatric facility weeks after complaining a supervising guard had assaulted her, an inquest into her death heard Wednesday.

In his evidence, Peter Guenther, former executive-director of the Regional Psychiatric Centre in Saskatoon, said the incident involved a correctional supervisor, John Tarala, in March 2007.

Tarala had intervened to stop Ashley Smith from tying ligatures around her neck.

Guenther told the inquest he learned Smith complained she'd been assaulted by Tarala, claiming she was grabbed, lifted off the ground by her

**Teen could admit when guards were right to be forceful: Guenther**



**"I kicked the officer. Yes, I assaulted her. They did what they needed to do so I would stop."**

Ashley Smith, recounting an incident to Peter Guenther during which she kicked, bit and spat on guards.

hair and called the "C" word. Smith also alleged Tarala had stepped on her head.

"Regardless of how difficult and challenging this offender's behaviours are, the staff knew that there was nothing that justified an assault or the abuse that is alleged."

In addition, the report notes a nurse who witnessed the incident said Tarala had ordered her to falsify her report.

According to the memo,

Tarala offered to resign but Guenther said he could not accept it.

"I asked Mr. Tarala if he was offering his resignation because he had done something wrong and he replied that he had been working long hours and probably did some things that he should not have done," Guenther stated in his memo.

Police were called in and laid criminal charges against Tarala. **THE CANADIAN PRESS/WITH FILES FROM TORSTAR NEWS SERVICE**

**Regional Psychiatric Centre**

Ashley Smith was sent to the custodial forensic psychiatry facility operated by Correctional Service Canada in December 2006 because prison authorities believed she would get intensive mental-health treatment there.

- RPC is the only federal correctional facility that can take female inmates with mental-health issues.
- The inquest has previously heard that prison staff at Nova Institution couldn't cope with her self-harming behaviour.
- Smith, 19, of Moncton, N.B., choked herself to death in her segregation cell in Kitchener, Ont., in October 2007.



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## Late 2013. Apple to launch 60-inch 'iTV' controlled by ring, analyst says

It's no secret that Apple wants to get into the living room by making its own TV set, and there have been plenty of rumours and reports about how and when it's going to happen.

Now, an analyst says he's learned that the set will go on sale late this year for \$1,500 to \$2,500 US.

In a research note Wednesday, Brian White of Topeka Capital Markets says the "iTV" will be 60 inches on the diagonal but could also come in 50- and 55-inch versions. Apple will also release a small "iRing" that fits on the viewer's finger, allowing the user to control the

screen by pointing, White says.

In addition, the set will come with tablet-like "mini iTVs" with 9.7-inch screens, the same as the full-size iPad, White said. The iTV will be able to send video to the smaller screens wirelessly around the house. The concept is similar to the way in which cable and satellite TV companies are starting to let their set-top boxes send video to iPads and other tablets.

White says his report is based on gleanings from visits with unnamed Chinese and Taiwanese companies that supply Apple with components.

THE ASSOCIATED PRESS

# Hyundai, Kia recalling nearly 1.7M vehicles

**Brake-light switch problems.** Owners and dealers will be notified and will get free switch replacements

Korean automakers Hyundai and Kia are recalling almost 1.7 million vehicles in the U.S. and Canada to fix problems with brake-light switches.

The recall covers most of the automakers' model lineups from the 2007 through 2011 model years.

Hyundai Canada said about 255,000 vehicles are being recalled in Canada for the problem, while Kia Canada said just over 106,000 of its vehicles are involved in the recall.

According to the website of the U.S. National Highway Traffic Safety Administration, a faulty switch can stop the brake lights from illuminat-



Korean automakers Hyundai and Kia announced Wednesday they're recalling cars to fix problems with brake-light switches.

NAM Y. HUH/THE ASSOCIATED PRESS

### Models affected

Spokespersons say there haven't been any crashes or injuries due to the problem. They pointed out that the malfunctions don't occur all the time and don't affect brake performance.

- Hyundai. 2007-09 Accent and Tucson, 2007-10 Elantra, 2011 Sonata, 2007-11 Santa Fe, 2008-09 Veracruz, 2010-11 Genesis Coupe
- Kia. 2007-10 Rondo and Sportage, 2011 Optima, 2007-11 Sorento, 2010-11 Soul, 2007 Sedona

ing when drivers press on the pedal.

Also, the cruise control may not turn off when a driver steps on the brake, a faulty switch can stop the push-to-start buttons may not

work and a feature that stops the driver from shifting out of park without a foot on the brake may fail.

"Failure to illuminate the stop lamps during braking

or inability to disengage the cruise control could increase the risk of a crash," NHTSA said in the documents.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

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**metro**



# EARTH TO PMO: WE'RE DOOMED

"If a meteor ... a mile wide were to hit land, it could form a crater and blow enough dust into the stratosphere to block out the sun and affect crops worldwide for a year, (a NASA scientist) said." — Meteor Sighting Unusual, But Space Debris is Common, the Washington Post  
"The government of Prime Minister Stephen Harper has been accused of silencing scientists on a number of subjects, particularly environmental science." — Watchdog to Study Policies That "Muzzle" Government Science, The Canadian Press

Ring! Ring!

PMO: Prime Minister's Office. How can we help you become self-reliant?

CSA: This is the Canadian Space Agency. A massive meteor is headed for Canada. We have to tell people before it's too late!

PMO: Oh my God. Let me get this straight: You work for the Harper Government, and you're telling me you want to talk directly to the people? The chances are astronomical!

CSA: Uh. Yes.

PMO: As you know, the Harper Government will have to approve any statements.



HE SAYS

**John Mazerolle**

metronews.ca

CSA: The meteor is about a mile wide, could instantly kill hundreds of thousands, then starve billions when the sun is blocked. So we'll need—

PMO: I'm just going to go ahead and stop you right there. We need a different message.

CSA: What?

PMO: I've been around long enough to know that your message will turn off most demographics. Frankly, it's very negative and promotes fear.

CSA: Doesn't that mean it's perfect?

PMO: During an election campaign, sure. But right now it detracts from our promise of a "strong stable majority." Some MPs would cry.

Others would run. Does that sound strong and

stable? And I don't even want to think about what some of the religious backbenchers will say if they find out the world is ending.

CSA: It's going to hit in six hours! This is no time for politics.

PMO: It's always time for politics. If a big rock hits Canada on our watch and we did nothing to stop it, the Opposition will have a field day, sudden lack of fields notwithstanding. So we'd prefer you kept this one hush-hush. Unless you can blame it on Trudeau.

CSA: People are going to die!

PMO: How many?

CSA: Depending on the computer model, between 500,000 and two million.

PMO: Ah, so there's a debate even among scientists. No consensus.

CSA: It's still lots of people!

PMO: Where?

CSA: Based on its trajectory, mostly in the Greater Toronto Area.

PMO: I'm hanging up.

CSA: No wait! How about this? What if the Harper Government took credit for the meteor?

PMO: Hmmm ... the Conservative government that destroyed Toronto. I'm listening.

CSA: Not only that: We can also "explain" that the ash kicked up from the explosion is why you were never concerned about global warming in the first place.

PMO: Won't the ash destroy a lot of the environment?

CSA: That's because the Conservative's environmental plan, uh, "seeks to reduce inefficiencies in nature." We find places where 10 birds are doing a job that five birds could be doing!

PMO: Now you're getting it!

CSA: Can we tell people now?

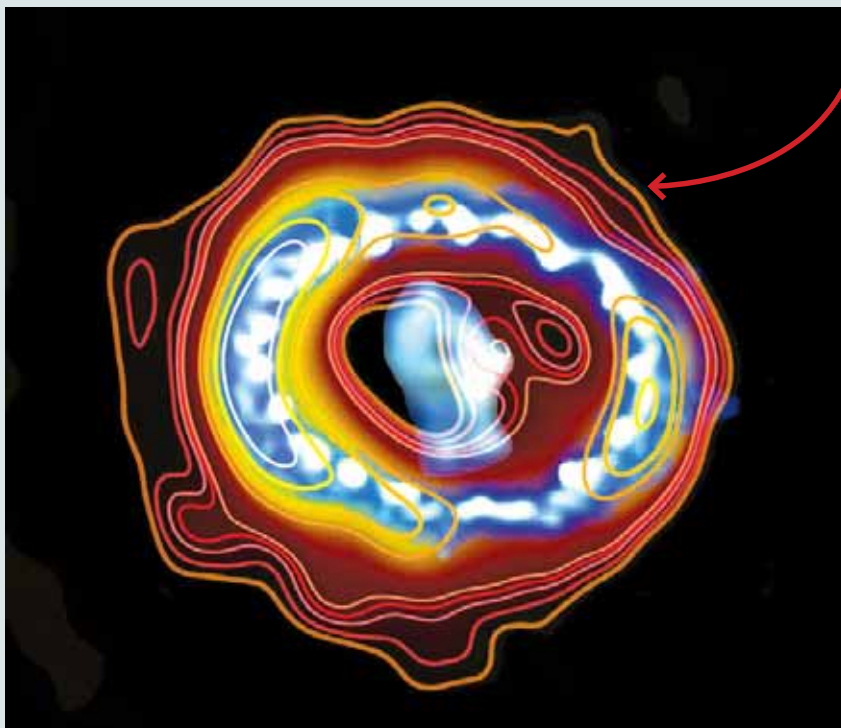
PMO: Can we brand it The Harper Government "Rocks"?

CSA: It's the end of the world as we know it and I feel queasy.

PMO: You get used to it.

## ZOOM

### The death star, like never before



ICRAR/HUBBLE

#### Death of star in highest detail

Scientists have studied the death of a star in the highest ever detail. Astronomers led by the International Centre for Radio Astronomy Research (ICRAR) in Western Australia have revealed new images of Supernova 1987A, whose demise was first spotted over 25 years ago. **METRO**

#### A star is born?

- In 1987, astronomers observing the Large Magellanic Cloud, a nearby dwarf galaxy, noticed the sudden appearance of what looked like a new star but soon realized it was the end of a star — the brightest supernova ever seen from Earth.

#### Picture this

"Imaging distant astronomical objects like this at wavelengths less than one centimetre demands the most stable atmospheric conditions."

Dr. Giovanna Zanardo of ICRAR

#### Scientists now seek star's centre

Scientists study the evolution of supernovae into supernova remnants to

understand the interaction of the star's blast with its surrounding environment.

They suspect a compact source or pulsar wind nebula — remnants of an old star —

to be in the centre of the radio emission, implying that the supernova explosion did not make the star collapse into a black hole. **METRO**

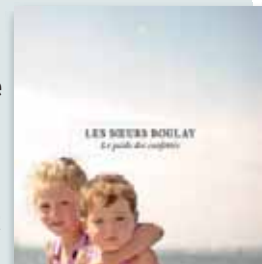
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#### Les Soeurs Boulay

Brush up on your French with a Montreal-based sister folk act. Armed only

with guitar, ukelele and velvet-voiced harmonies, the soeurs are well-equipped to break hearts. (lessoeursboulay.bandcamp.com)

#### Kitsune

Imagine the sound of a Nintendo console becoming self-aware and deciding to pursue a new career as a producer of club bangers. Audiences don't get much more niche, but I know you're out there. (vulpvibe.bandcamp.com)

#### Comments

**RE: UBC Student Accused of Sex Work After Trying to Cross U.S. Border With Condoms, published April 2**

How do you spell "discrimination"? Shirley McLaughlin posted via Storify

"How much is he paying you to go on this trip?" Shame on them. Cynthia Kim posted via Storify

Who cares if she's a sex worker? Paul Nagy posted via Storify

Like crossing DMZ into North Korea. Mal Cohen posted via Storify

I hope she sues their pants off!!! Jonathan Hodder posted via Storify

WTF... I guess us Canadians don't have sex. Joann Neish posted via Storify

#### WE WANT TO HEAR FROM YOU:

Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)



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## Legally Blonde takes centre stage



Lindsey Frazier of Dartmouth during a scene from *Legally Blonde: The Musical*. DEVAAN INGRAM/FOR METRO

**Local actress brings Elle to the Neptune.** Lindsey Frazier has come home to play one of Hollywood's most adored characters for the theatre's 50th anniversary season



**BACKSTAGE PASS**  
Jenna Conter  
halifax@metronews.ca

Lindsey Frazier was four years old when she saw her very first Neptune Theatre play.

"It was *Fiddler on the Roof* and I remember knowing I was going to

do that for the rest of my life."

From the National Ballet School in Toronto when she was 10, to starting to sing as a teenager and then attending musical theatre school as a young adult, Frazier is thrilled to be returning home to make her own Neptune Theatre debut as Elle in *Legally Blonde: The Musical*.

One of the more recent movie-turned-musicals, *Legally Blonde*, for, like, those who don't know, is about a girl named Elle who follows her ex-boyfriend to Harvard Law School, where she discovers her true potential.

"She has the determination and a lot of depth to her but at the beginning she doesn't see her strengths," Frazier told me as we

### Quoted

**"I've always wanted to come back here and I couldn't have asked for a better show or a better role. The play has done so well and the writing is so good — the timing of it is brilliant."**

Lindsey Frazier

sat inside Neptune Theatre, the place that the Dartmouth native and cast will be calling home through May 26.

"She goes through such a journey and discovers there's so much more to her than being a trophy wife in California."

With a strong female lead and showstoppers like the *Bend and Snap*, the *Legally Blonde* franchise has not only sprouted a hit Broadway musical,

but additional films and a reality show, *Legally Blonde the Musical: The Search for Elle Woods*.

A fan of the film, Frazier can't have imagined a better homecoming.

"I've always wanted to come back here and I couldn't have asked for a better show or a better role," she said.

"The play has done so well and the writing is so good — the timing of it is brilliant."

### Details

- **What.** *Legally Blonde: The Musical*
- **When.** Friday through May 26th
- **Where.** Neptune Theatre's Fountain Hall
- **Tickets.** [neptunetheatre.com](http://neptunetheatre.com)

Truly a child of the arts, Frazier, as both a local Haligonian and thespian, can appreciate the importance of being cast to come home during Neptune's 50th anniversary season.

"I'm on top of the world. This is the best case scenario for me. An amazing show, an amazing part, an amazing year!"



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# Jane Levy gets gruesome in horror heroine role

**Evil Dead.** Facing relentless blood baths and being buried alive was all in a day's work for actress



**NED EHRBAR**  
Metro World News in Hollywood

Jane Levy wants to make one thing clear: "I'm not a horror fan," she says. Well, for a non-fan she's picked a doozy of a horror film to be in: *Evil Dead*, Fede Alvarez's remake of Sam Raimi's cult classic debut. In this update, we still have five kids going to a cabin in the woods and inadvertently unleashing a demonic spirit after reading from an evil, enchanted book. Only this time, instead of being on Spring Break the co-eds are out in the woods to help

Levy's Mia withdraw from heroin. Thanks to updates in both practical and digital effects, the new film reaches a gruesomeness level that's truly attention-grabbing.

**Have you been finding this movie easy to talk about in interviews?**

What's good is we're all excited about it actually, and I think we're all really proud of it. So it's nice to talk about stuff that you're proud of. It's so painful when both (the actor and the interviewer) are like, "We know it sucks, so why are we here?"

**It's nice to see a horror movie handle the credibility questions of plot so well, like why these kids would go to this creepy remote cabin in the woods in the first place.**

Yeah, I don't know if I would ... I was going to say if I was going to withdraw

from heroin I don't know if I'd go to the middle of the forest, but some people would! I like that theme because it also becomes a metaphor for the whole story, and also because it makes for good drama. You sort of understand everyone's point of view, and I think that's the best kind of play or movie or television show or piece of literature, when every character's argument is right. Mia's right, there is something in the f—ing woods! But they're right to not trust her. The only person who isn't much right is Eric (Lou Taylor Pucci) for reading from the book. It's all his fault.

**There are some differences between this one and the original. Did you watch it for research?**

I watched the original, but only after I'd gotten the job.

I'd never even heard of the *Evil Dead* when I went out for this movie. I'd heard of Sam Raimi. I mean, *Spider-Man* was my generation. The first one came out when I was, like, 12 or something.

**What did you think of some of the more horrific elements when you were reading the script?**

When I was reading it I thought it would be so much fun! Little did I know that it's torturous. But I remember reading it and being like, "Oh my God, this is the horror of all horrors. It's just relentless, it never stops. And when you think it's gotten to its peak it's just going to keep going." When I was reading it I thought it was almost funny. It just becomes so terrible that you have to laugh. But I wasn't laughing when I was making it, that's for sure.



Jane Levy stars in *Evil Dead*, which opens Friday. HANDOUT



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Normal Blood Pressure ..... <input type="checkbox"/>	High Blood Pressure ..... <input type="checkbox"/>	Arthritis ..... <input type="checkbox"/>
Normal Blood Sugar Levels ..... <input type="checkbox"/>	High Blood Sugar ..... <input type="checkbox"/>	Autoimmune Disorder ..... <input type="checkbox"/>
Normal Triglyceride Levels ..... <input type="checkbox"/>	Elevated Triglycerides ..... <input type="checkbox"/>	Allergies ..... <input type="checkbox"/>
	Circulatory Issues ..... <input type="checkbox"/>	Chronic Prostatitis ..... <input type="checkbox"/>
		Inflammatory Bowel Disease ..... <input type="checkbox"/>
		Asthma ..... <input type="checkbox"/>
		Pelvic Inflammatory Disease ..... <input type="checkbox"/>

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Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases. F10NLINE/THINKSTOCK

# Healthy teeth equals healthy living

TERESA  
CHIYKOWSKI  
For Metro

Did you know that oral health is not only important to your appearance and sense of well-being, but also to your overall health?

It's true.

Problems such as missing teeth or oral infections can affect your physical and mental health. That's all the more reason to practise good oral hygiene and look after those healthy pink gums and dazzling pearly whites.

## Smile

- Visit [hc-sc.gc.ca](http://hc-sc.gc.ca) to download a copy of Smile: Healthy Teeth, Healthy Body. The publication will help you better understand the link between oral

health and overall health, help you establish an effective oral health plan, and ensure you have information about the risks and symptoms of oral cancer.

Maintaining good oral health includes keeping your teeth free from cavities and preventing periodontal disease, which has been linked to several other diseases including:

**Diabetes:** People with diabetes are more susceptible to gum disease, which can put them at greater risk of diabetic complications.

**Respiratory illness:** The same bacteria found in plaque can

also be inhaled into the lungs where they may cause an infection or aggravate any existing lung condition, especially in older adults.

**Preterm, low birth-weight babies:** Studies are also examining whether pregnant women with gum disease may be at a higher risk of delivering preterm, low birth-weight babies than women without gum disease.

**Cardiovascular disease:** There is new research that points to a possible connection between gum disease and heart disease and stroke.

## Brush up with these tips

- 1 Brush your teeth at least twice a day.
- 2 Floss daily to remove plaque between your teeth.
- 3 Replace your toothbrush every three to four months.
- 4 Use an antimicrobial mouth rinse to reduce bacteria in your mouth.
- 5 Schedule regular dental checkups.

6 Eat a healthy diet according to Eating Well with Canada's Food Guide.

7 Watch for signs of oral disease and contact your dentist if you detect anything out of the ordinary.

To learn more about dental care, visit the Canadian Dental Association website at [cda-adc.ca](http://cda-adc.ca).



If you pay a little extra attention to daily oral hygiene habits when children are young, they can grow up cavity-free. NEWS CANADA

## Children. Daily habits to grow up with

Even today, with advancements in oral care, it is estimated that 57 per cent of kids aged six to 11 have cavities. This number increases to 59 per cent for teenagers.

Specialists tell us, however, that if we pay just a little extra attention to daily oral hygiene habits, all children can grow up cavity-free. The care you teach them now will

last a lifetime, so take a look at these helpful tips:

### Twelve to 24 months

Begin regular dental visits by age one. Teach a toddler about dental hygiene when the first teeth come through. Children should get used to holding a toothbrush and should watch others as they brush. Let them practise brushing, but

continue brushing their teeth for them. Begin flossing when most of the baby teeth are in.

### Two to five years

Teach young children to use no more than a pea-size amount of toothpaste and make sure they do not eat it. Continue to brush and floss their teeth for them. Avoid sugary sweet treats.

### Six and older

Encourage children to begin flossing. Your dental hygienist will demonstrate proper technique. Continue to supervise brushing and flossing. The surface of your child's permanent molars may be sealed with a light coating to prevent cavities in the deep fissure and grooves of the teeth.

NEWS CANADA



# YOUR SIMPLE ROUTINE TO A BETTER DENTAL CHECK-UP.<sup>†</sup>



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Beyoncé. ALL PHOTOS GETTY IMAGES

## Beyoncé brushes off latest round of criticism

Beyoncé has heard what her critics have to say — particularly about her decision to name her new tour the Mrs. Carter Show — and she's just going to ignore them.

"I guess I am a modern-day feminist," she muses to British Vogue. "Why do you have to choose what type of

woman you are? Why do you have to label yourself anything? I'm just a woman, and I love being a woman."

As for taking husband Jay-Z's last name for her tour?

"I feel like Mrs. Carter is who I am, but more bold and more fearless than I've ever been," she says.



David Beckham

## Beckham wants a normal life for his kids

Despite being possibly the most famous man in the world, David Beckham is desperate for his four kids to have a normal life as possible — even though that can be pretty tricky sometimes.

"My eldest now is at the age where he wants to do things and go to places, and we have to hold him back,"

Beckham tells CNN World Sport about 14-year-old Brooklyn.

"You have to explain to him that there are certain things he can't do. But to be honest, we let our children do 99 per cent of the things they want to do because we want them to lead a normal life."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Glee trying to put on a brave face amidst latest scandal



THE WORD  
Dorothy Robinson  
scene@metronews.ca

It's been a week of shake-ups for the cast of Glee.

First, it was announced that main cast member Cory Monteith was admit-

ted to rehab on Monday morning for a substance abuse problem and now it looks like Heather Morris, who portrays the ditzy cheerleader Brittany on the hit show, is pregnant.

Us Weekly broke the news that the 26-year-old is expecting a baby with her longtime boyfriend Taylor Hubbell. "She's a little more than three months along and starting to show," the source tells Us Weekly. "It was totally unexpected, but they are incredibly happy and excited."

Keep her off the dance numbers, Glee!



Chris Brown

## Chris Brown feels bad for Bieber

Chris Brown feels Justin Bieber's pain.

When asked during an interview with radio station Power 105.1 how he copes with paparazzi attention, Brown says: "It's sort of like what Justin Bieber's going through right now... Being young, having a limitless amount of income, whatever

you want to do as a young guy, and then at the same time you don't have nobody that's going to say, 'Hey bro, you look wack right now.'"

Brown is particularly worried Bieber's friends — like rapper Lil Twist — will get an undue amount of blame for any of the pop star's troubles.

### Twitter



@ABFalecbaldwin

Am I really 55? Wow. Like.....wow. Doesn't seem real.



@NiallOfficial

Morning. ! This is it ! I'm goin to the dentist! I think this is my last hour with braces! Oh how I'm gona miss them ! Naaaaaaat !



@SethRogen

Of all the TV shows I've never seen, I've never seen "The Borgias" the most.

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# Ain't no sunshine, but there is style

Spring collections should be the main storyline, but it's as cold as ever outside. So rather than freezing your legs off trying to wear that flimsy dress, take a few cues from the autumn/winter shows that just wrapped up earlier this month.

KENYA HUNT  
kenya.hunt@metro.lu

## Soft pinks

On the runway: Unique



Whistles  
jacquard  
trousers, \$206,  
whistles.co.uk

Topshop  
mix stitch  
pink  
jumper, \$72,  
topshop.com



## Houndstooth

On the runway: Rag & Bone



Houndstooth  
scarf \$40,  
zara.com



By Malene Birger  
Sarafina trousers,  
\$395,  
netaporter.com

## Navy and black

On the runway: Jil Sander



Jil Sander Navy  
skirt, \$660  
stylebop.com



Acne Ava  
black top,  
\$250,  
acnestudios.  
com

## The full skirt

On the runway: Rochas



ASOS midi  
skirt, \$68,  
asos.com

Marni or-  
gandy circle  
skirt, \$1,280,  
netaporter.  
com



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# The business of dressing the bump

**Fashion.** Never mind comfort, Kim Kardashian's maternity wardrobe is an exercise in branding

**KENYA HUNT**  
Metro World News

Just when you thought her maternity choices couldn't look any more uncomfortable, Kim Kardashian goes shopping in a body-con dress, its leather stretched to the absolute limit, and stilettos — an outfit that would make even the average, un-pregnant woman look like she's trying too hard. But before we get into Mother Kimye's pregnancy wear, let's establish this fact:

1. The Kardashians are unbeatable at the game of being famous for being famous.
2. The Kardashians have been known to mine their personal lives for reality TV and publi-



Let that baby breathe!  
JB LACROIX / WIREIMAGE

city in general.  
3. Kim is a Kardashian.

Now that we've gotten that out of the way, let's look at that leather. The tighter the squeeze around Kim's bump and the higher the heels, the more we talk about it. It's a pop culture moment



We can't deny Kim looks beautiful, but would she give us a bigger smile if we threw her a pair of jogging pants? CHRIS MCKAY / WIREIMAGE

that advances the plot line of Kim's celebrity as clearly as an episode of Keeping Up with the Kardashians.

The average pregnant woman dresses for comfort. But increasingly, the average famous pregnant woman dresses strategically as the bump becomes another opportunity for personal branding (Jessica Simpson), record sales (Beyoncé) and public

obsession (Miranda Kerr). Yes, Kim claims that flats hurt her back and that heels are the most comfortable shoe for her to wear. But the tape wrapped around her feet says otherwise. It's not hard to imagine the ways she'll push this idea further as her final trimester approaches. What next? Hot pants and a bustier? Somewhere, her marketing team is probably taking notes.

# Boy, you need a break

**RICHARD PECKETT**  
Metro World News

Men, it's time to down the winter woolly pulleys and get your wardrobe in spring holiday mode. First, remember it's spring, not summer. So you're going to need some layers: a sweater, jacket and yes, some chinos. Secondly, you've got to get the luggage right. You're packing for a weekend break not a picnic. So pop the day bag away and, yes, that enormous backpacking rucksack.

## Cutler and Gross

Circular lens sunglasses, \$548, ln-cc.com.



## CHUCS

Classic clasp swimshort in Corbusier red, \$220, chucs.com.



## Christopher Shannon

Kidda T-shirt with flag print, \$119, asos.com.

## Orlebar Brown

Mitchell cagoule, \$495, orlebarbrown.com.



**Ladies, we're here for you!**

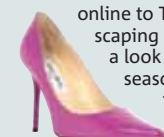
Spring is here, even if it doesn't quite feel like it yet.

But for those of you brave enough to pack away your clunky boots, head

online to Trendscaping and take a look at this season's latest in high-end fashionable

footwear and decide which style you will splurge on to step into spring.

metronews.ca/voices/trendscaping





# New ways to decorate your wall space



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca

I often hear people say living in a small space doesn't allow for much decorating, and how accessories take up too much room. I remind them they don't need to rely on tabletops and floor space to display their wares, but to look vertically at the walls. Walls are probably the largest surface we have and

there are many ways to dress them up with more than just flat art and mirrors.

Not since the Ikea floating display shelf have we seen such interesting inventions to add pizzazz to our vertical space. Dressing up the walls can be as simple as colour locking certain areas with some paint or creating a feature wall with a collection of artwork. If you are looking for an immediate, easy way to dress the walls, here's a few on-trend products that add a special touch.

## Urbio system

It's vertical, modular, magnetic and flexible. Hang system panels on the wall, then attach individual containers using magnets.



Useful for a wall of green, art supplies or whatever you want to display. From \$75, eq3.com.

## Learn to write chalkboard

Finally a way to write on the walls without getting in trouble. Leave messages, make lists or practise your ABC's. Stick on, erasable chalk boards uses any chalk.

Easy to install by just peeling and sticking and reposition when you want to move them. \$20 for four peel and stick panel decals, wall-pops.com.



## Architect wall flats

Get the look of a cool hotel lobby lounge wall by adding depth and dimension to your walls with paintable panels. Hide rough walls or outdated panelling, leave them white or paint them to match a colour in your space. \$115 for 10 panels, urbanmode.com.

## GRUNDTAL wall system

A simple rod and attachments can be useful anywhere; from the home office to the bath to the kitchen. Stylish stainless steel adds a rich modern look to very affordable display storage. \$8 to \$25 per piece, ikea.com.



## Wall mounted teardrop vase

This handblown chemistry lab borosilicate beaker glass in a teardrop shape hangs via a cut and polished opening. One can be hung beside the guest bed and another in the shower. These guys add charm wherever they go. \$5, cb2.com.



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metro

# HOUSE & HOME

Thursday, April 4, 2013



With summer approaching, it's time to start thinking about how to improve the energy efficiency of your central air conditioning system. ISTOCKPHOTO/THINKSTOCK

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## Keep cool during the summer

**Air conditioning system.** Beyond an annual checkup, follow these tips for optimum efficiency

Switching your thermostat to "cool" from "heat" is usually a sign that summer is fast approaching and it is time to start thinking about your central air conditioning system.

According to a recent national survey from the Heating, Refrigeration and Air Conditioning Institute (HRAI), only 16 per cent of Canadians bother to make sure their air

conditioner is working at optimal capacity. While an annual checkup is best left to a qualified contractor, there are some things homeowners can do to avoid an ill-timed malfunction of their central air conditioning system, as follows:

- Clean or replace the furnace filter. The air conditioner needs the furnace to circulate the air and a dirty filter circ-

ulates dust and other particles throughout the house, cutting down on a furnace's efficiency.

- The thermostat should be set below the room temperature and not set for cooling below 20 C, which can cause a multitude of problems with your air-conditioner, including freezing up. Ideally, set the thermostat to 25.5 C when at home; 29 C when away.

- Turn the humidifier off during the summer cooling season. Leaving the humidifier on will only increase the cool-

ing load and force the air conditioner to work harder.

- Close your drapes or shades on sunny days and ensure all windows in the house are closed.

- Close off vents in any unused rooms.

- Use ceiling fans to circulate the air.

- Book a qualified professional to make sure your air conditioning system is operating safely and efficiently.

For more information, visit [hrai.ca](http://hrai.ca).

NEWS CANADA

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There are many features that make an R-2000 home unique. ISTOCKPHOTO/THINKSTOCK

## R-2000 is leading edge

R-2000 homes are the most energy-efficient homes built. If you are considering buying a new home or renovating your existing home to R-2000 standards, here are 10 features that make these homes unique:

**1** R-2000 represents a way of building homes, not a specific design, style or type of home. Virtually any home can become an R-2000 home.

**2** R-2000 homes are built to the R-2000 Standard — a series of strict technical requirements for energy efficiency, indoor air quality and environmental responsibility, above and beyond anything required by building codes.

**3** The R-2000 Standard is voluntary. Builders choose to build R-2000 homes because they believe that the technology is superior to conventional construction and they want to provide

their customers with a better built home.

**4** Every R-2000 builder has taken extra training in advanced design and construction techniques. And every R-2000 builder has a licence to prove it. Only licensed R-2000 builders can offer you an R-2000 home.

**5** R-2000 homes are not experimental. They use only proven technology, proven techniques and proven products.

**6** The R-2000 Standard is updated periodically to reflect the latest research and developments in the industry, and to keep R-2000 on the leading edge.

**7** Every R-2000 home goes through a strict independent quality assurance process of testing and verification from beginning to end, from blueprint to completion. No other homes offer this level of

quality assurance.

**8** Every R-2000 home is certified. Once a home has passed all tests and inspections, you will receive a numbered certificate from the government of Canada — your proof that you own an R-2000 home.

**9** Only certified homes are R-2000 homes. Homes that are “almost R-2000” or “as good as” or “built to the standard but not certified” don’t qualify, because those homes don’t have quality assured performance.

**10** Amid growing concerns over greenhouse gases and global warming, R-2000 provides a model for environmentally responsible housing, both in Canada and around the world.

To find a builder who practices R-2000 methods, contact the Nova Scotia Home Builders’ Association (nshba.ns.ca).

CHBA

## Asset. Focus on renovation value

Your home is likely the most valuable asset you own. Your decision to renovate it may be driven by your lifestyle and a personal desire to upgrade. At the same time, renovation is an opportunity to protect your investment and enhance the value of your home.

First, to protect your asset, start with the basics.

Ongoing maintenance prevents the deterioration of a home and its value. As part of your renovation planning, do a thorough inspection of your home or hire someone to do it.

General wear and tear is often inexpensive to deal with, but can make a big difference to the appearance and appeal of your home. Components, from roofing shingles to furnaces, must be replaced at the end of their lifespan.

It’s crucial to eliminate problems that can damage your home. Moisture problems, for instance, that can also be detrimental to your

health, should be dealt with before or at the same time as your renovation, not postponed to later. Cracks in the foundation or brick walls, loose siding, missing mortar, sagging floors or other issues should be attended to before they create more serious problems.

Next, there are a number of ways you can maximize the value of your renovation investment.

### Green renovations

Increasing the energy- and water-use efficiency of your home has both immediate and long-term payoffs. You will start saving money on your utility bills as soon as the new systems have been installed, while federal and/or provincial grants may help to offset your cost. By “greening” your home, you have also increased its attractiveness and value in case of resale — today’s marketplace puts a

premium on energy-saving homes.

### Good design

While taste is personal, a well-designed renovation will add greater appeal and value to your home. Spatial considerations are key — layout, traffic flow, visual flow from one area to another, size of rooms and ease of furnishing them, tying new construction seamlessly with the existing home, and so on. Trends come and go — you may want to choose features and finishes with lasting appeal, instead of the latest, hottest items.

### Doing it right

There is no substitute for quality work to protect your investment in your home. Hire a professional renovator who has the appropriate experience and the skills for your project. That way, you know the work is done right.

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# Wrapping up a burst of flavours

"If you make extras to take for lunch the next day," writes Meghan Telpner of these Veggie Rice Wraps in her book *UnDiet*, "store in an airtight container with a slightly damp cloth or paper towel to help keep the rice wraps moist."

1. Soak one piece of rice paper in warm water until soft. Carefully remove, allow excess water to drain, and lay out on flat surface.

2. Arrange veggies in a row along centre of rice paper. Add greens last (and eggs, if using). On first few attempts, fewer veggies will be easier to roll.

3. Leave about 1-inch (4 cm) at both ends and carefully roll the wrap up, leaving long edges open. You'll take care of those with the second piece of rice paper.

4. Soak and drain a second piece of rice paper, and lay out on flat surface.

5. Place roll along centre of

second piece of rice paper, folding end edges in first and then roll in remaining sides.

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## Ingredients

- 8 sheets rice paper
- 1 avocado, peeled and sliced lengthwise
- 1 carrot, grated
- 1/2 red bell pepper, sliced lengthwise
- 1/2 red apple, peeled and sliced into matchsticks
- 4 inches (10 cm) cucumber, sliced into long strips
- 1 (250 ml) cup baby spinach
- 1/4 cup (50 ml) cabbage, shredded
- 4 sprigs cilantro
- 2 organic eggs, whisked in a bowl, cooked as an omelet, then sliced into thin strips (optional)

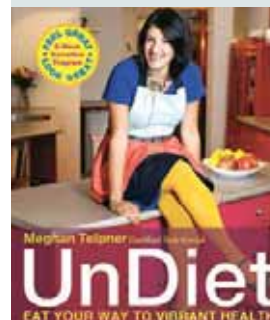
## Veggie Rice Wraps



This recipe serves 4 as a side or 2 as a meal. CATHERINE FARQUHARSON

## Cookbook of the Week

### Tasty way to health



Forget those diets that never work and get healthy with the help of Meghan Telpner's book *UnDiet*.

Not only does it feature practical nutrition information, a complete eight-week transition program, lifestyle advice from experts and a comprehensive meal plan, but also 40 easy and delectable gluten-free recipes.

Among the recipes in *UnDiet* are Bean and Vegetable Burgers, Lemon Lentil Vegetable Soup, Orange-Zest Infused Stew, Almond Power Cookies, Sun-Dried Tomato and Bean Hummus, and more. **METRO**

# One-Pot Stir-fry wonder

1. In a large skillet on medium, heat oil and a little water, and add turmeric, garlic, and ginger. Let cook for 1 minute or until fragrant.

2. Add all vegetables except leafy greens and stir. Add sesame oil, raw honey, and tamari, and sauté for 8 minutes, until the veggies are vibrant.

3. Push veggies to the edge of the frying pan and pour eggs into the middle opening. Al-

low to cook undisturbed for about 2 minutes. Mix together. If using tofu, add to pan, stir into the mix and let cook 3 - 4 minutes.

4. Add greens and let them wilt in the heat.

5. Add sea salt and cayenne to taste.

6. Serve vegetable mixture on top of grains or mixed greens.

## Ingredients

- 2 tbsp (30 ml) olive oil
- 2 tbsp (30 ml) water, as needed, to avoid sticking
- 1 tbsp (15 ml) turmeric
- 3 garlic cloves, minced
- 2 inches (5 cm) ginger root, peeled and minced
- 1/2 cup (125 ml) each red pepper, sliced; carrot, grated or thinly peeled; coarsely chopped broccoli
- florets, broccoli stems, cauliflower, purple cabbage, and zucchini
- 2 tbsp (30 ml) sesame oil
- 2 tbsp (30 ml) raw honey
- 3 tbsp (45 ml) tamari
- 4 organic eggs or 1/2 block of firm organic tofu, cubed
- 3 cups (750 ml) collards
- sea salt and cayenne to taste
- 2 cups (500 ml) leftover grains

## Healthy Dessert. Super Berry Fruit Crumble



This recipe serves eight. CATHERINE FARQUHARSON

1. Preheat oven to 350 F (180 C).

2. Mix fruit, raw honey and arrowroot, and spread into an 11- x 9-inch (2.5 L) glass baking dish. Flatten mixture with a spatula, making sure it is evenly spread.

3. In a medium mixing bowl, combine all topping ingredients, then crumble evenly over fruit mixture. If fruit doesn't look completely covered, add additional flour, almonds, or oats until surface is covered.

4. Bake for 45 minutes, or until lightly browned and bubbling.

## Ingredients

### Fruit Bottom

- 2 cups (500 ml) blueberries
- 2 cups (500 ml) strawberries, quartered
- 2 cups (500 ml) apple, cut into 1/2-inch (1.5-cm) cubes
- 1/2 cup (125 ml) raw honey
- 1 tbsp (15 ml) arrowroot starch

### Crumble Topping

- 2/3 cup (150 ml) brown rice flour
- 2/3 cup (150 ml) rolled oats
- 1/2 cup (125 ml) cup sliced almonds
- 1/2 cup (125 ml) raw honey
- 1/4 cup (50 ml) coconut oil
- 3/4 tsp (4 ml) cinnamon
- 1/2 tsp (2 ml) allspice

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# Stefan Fournier finds his place with Mooseheads

**QMJHL.** After challenging junior career, Halifax co-captain realizes his good fortune



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

Stefan Fournier's hockey career hasn't been as peachy as one might think.

In his fifth and final year of junior-hockey eligibility, the Halifax Mooseheads' co-captain is coming off a career year and is in the midst of an impressive playoff run. His nine points in four games ranks him 13th in QMJHL postseason scoring.

But the 20-year-old undrafted forward openly admits that he has struggled to find his way in his four previous seasons in the QMJHL.

"I'll be honest with you, I always felt like maybe I ended up on the raw end," Fournier said. "I ended up maybe where I wasn't the right fit."

But after his first season with the Mooseheads, the hard-nosed right-winger believes he has come to appreciate what he now has, a distinct opportunity to lead the country's top-ranked junior team to its first President's Cup.

**Goals**  
**35**

Stefan Fournier had a career-high 35 goals this season.

"I truly believe that this is the perfect fit. Even if I am 20 and it's my last year, I am in the right spot at the right time."

He hasn't determined where his hockey career will go next year. But he's confident that when the time comes his decision will be the right one.

"I can only control my performance. I believe someone will notice me eventually."

From a hockey perspective it's easy to understand why Fournier says he feels blessed. But he says it goes beyond just hockey. He finds fulfillment being on a team of close friends.

"Even having a coach like Dom and our assistant coaches ... you know they want the best for you and that makes you even more determined to win."

He loves the pressure-cooker games and knows plenty lie ahead.

"It's only the start. We have three more series to go. I'm a guy who likes to show up in big games, and they're coming up."



Halifax Mooseheads 20-year-old forward Stefan Fournier is a key member of this year's team. JEFF HARPER/METRO

## Quoted

"He has qualities that not many players have: He's big physically, he's good at protecting the puck, he's really good around the net, he can be very physical ... he's had a very solid season."

Halifax Mooseheads head coach Dominique Ducharme

## Awards. Drouin named Q's MVP, Ducharme top coach



Jonathan Drouin with his three trophies on Wednesday in Montreal. QMJHL

Halifax Mooseheads forward Jonathan Drouin scored huge at the QMJHL's annual Golden Puck Awards on Wednesday night in Montreal, picking up MVP honours along with three other distinctions.

The 18-year-old left-winger won the Michel Briere Trophy after a breakout season in which he scored a remarkable 105 points in only 49 games, finishing the campaign just five points shy of the league's top scorer, Ben Duffy of Lower Sackville, who collected 110 points

but played in 19 more games.

Drouin also beat out teammate Nathan MacKinnon to win the Michael Bossy Trophy awarded to the league's best professional prospect. Drouin also picked up the Paul Dumont Trophy for personality of the year and was named to the league's first all-star team along with Mooseheads netminder Zach Fucale.

Mooseheads head coach Dominique Ducharme won the Ron Lapointe Trophy for coach of the year.

Mooseheads defenceman Konrad Abeltshauser scored the Humanitarian and Community Involvement Trophy as well as being named to the league's second all-star squad along with MacKinnon. Mooseheads defenceman Mackenzie Weegar was named to the league's all-star rookie team.

Duffy of the Prince Edward Island Rocket snagged the Jean Béliveau Trophy for being the Q's top scorer, collecting 39 goals and 71 assists in 68 games. ANDREW RANKIN/METRO

## CIS

### 4 Huskies to suit up at East West Bowl

Saint Mary's quarterback Ben Rossong is leading a field of four Huskies who will suit up at the 11th-annual Canadian Inter-university Sport East West Bowl at Western University on May 11.

The other players announced include defensive lineman Nigel Romick and defensive backs Eric Black and R.J. Cornish. METRO

4 SPORTS





Toronto shortstop Jose Reyes looks back at umpire Kerwin Danley after a strikeout on Wednesday at Rogers Centre. ABELIMAGES/GETTY IMAGES

# First win still out of reach for Blue Jays

**MLB.** Izturis and Bautista homered in game No. 2, but Jays offence yet to roar to life

On Wednesday

3

Indians

2

Blue Jays

Mark Reynolds homered off Sergio Santos in the 11th inning to lift the Cleveland Indians to a 3-2 win over the offensively challenged Toronto Blue Jays on Wednesday night.

The Cleveland designated hitter was 0-for-4 with two strikeouts prior to the solo shot off Santos (0-1), the Jays' sixth pitcher of the night, to lead off the 11th.

Melky Cabrera, Jose Bautista and Edwin Encarnacion — the heart of the Jays lineup — were unable to respond in the bottom of the 11th with right-hander Joe Smith on the mound. Toronto registered just five hits.

Bautista homered with one out in the ninth to force extra innings. Before his solo shot

over the left-field fence off closer Chris Perez, Bautista had hit into two double plays and flied out.

Perez had struck out Cabrera to open the ninth in a game that saw fine fielding from both teams.

Michael Brantley went 4-for-5, driving in one run and scoring the go-ahead on a Maicer Izturis error in the eighth inning, to help the Indians take a 2-1 lead.

After Darren Oliver walked Nick Swisher to open the eighth, Brantley singled. Izturis, who had earlier homered for Toronto, made a good stab on a Carlos Santana shot to force

Swisher at third. But Izturis' long throw to first for the double play was errant and Brantley scored.

After an opening day sellout of 48,857, Game No. 2 drew 24,619 to the Rogers Centre.

The Indians (2-0) took the opener 4-1, with Toronto (0-2) managing just four hits. The offence was just as light to start Wednesday in what was a pitching duel between Toronto's Brandon Morrow and Ubaldo Jimenez through six innings.

Morrow probably deserved a better fate after going six innings and giving up one run on six hits. He walked two and struck out eight in a 100-pitch, 62-strike performance that saw Cleveland hitters go 1-for-8 with runners in scoring position.

The right-hander also showed off some nifty fielding on a couple of occasions.

Jimenez also went six innings, giving up a run on three hits while striking out six and walking two. **THE CANADIAN PRESS**

## NHL. Blue Jackets go big at deadline

Columbus Blue Jackets rookie general manager Jarmo Kekalainen made an unexpected splash on Wednesday at the NHL trade deadline.

The Finnish-born Kekalainen — the NHL's first European general manager — acquired sniper Marian Gaborik from the New York Rangers before the 3 p.m. deadline. It was a bold move for a GM whose club is 11th in the Western Conference but just one point behind eighth-place St. Louis.

"Throughout this process our focus was to add a player who could provide a boost to our offence, improve our goal scoring and power play, and we identified Marian Gaborik as the player we wanted," Kekalainen said. "He has been an elite goal scorer in this league for many years and we are very excited to have him."

Columbus also received defencemen Blake Parlett and Steve Delisle from the Rangers for forwards Derick Brassard and Derek Dorsett, defenceman John Moore and a 2014 sixth-round pick.

Gaborik, 31, has nine goals and 10 assists in 19 games but registered 41 goals and 35 assists in 2011-12 and has reached the 40-goal plateau three times. But the Slovak also had a tumultuous tenure in New York, benched often by Rangers



Marian Gaborik GETTY IMAGES

coach John Tortorella for defensive miscues.

The veteran left-winger has 333 goals and 333 assists in 757 career games with Minnesota and New York. The three-time all-star is also an expensive addition, in the fourth year of a five-year, \$37.5-million US contract.

In all, there were 17 deals involving 30 players.

Kekalainen also acquired forward Blake Comeau from Calgary for a 2013 fifth-round pick and goalie Patrick Killeen from Pittsburgh for future considerations. He also sent goalie Steve Mason to Philadelphia for goalie Michael Leighton and a 2015 third-round pick.

**THE CANADIAN PRESS**

### Elsewhere on Wednesday

- The Ottawa Senators traded goalie Ben Bishop to the Tampa Bay Lightning for rookie centre Cory Conacher and fourth-round pick.

- The Buffalo Sabres traded captain Jason Pominville to Minnesota. The Wild sent prospects Johan Larsson and Matt Hackett plus a first-rounder in 2013 and a second-round pick in 2014 to the Sabres for Pominville and a fourth-round in 2014.

- The Toronto Maple Leafs acquired defenceman Ryan O'Byrne from the Colorado Avalanche for a fourth-round.

- The Pittsburgh Penguins added Jussi Jokinen from the Carolina Hurricanes for a conditional sixth- or seventh-round in 2013.

- The San Jose Sharks added toughness and defensive depth, dealing draft picks for forward Raffi Torres from Phoenix and Scott Hannan from Nashville.

### NBA

#### EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	16	.784	—
x-New York	48	26	.649	10
x-Indiana	48	27	.640	10½
x-Brooklyn	43	31	.581	15
x-Atlanta	42	34	.553	17
x-Chicago	40	33	.548	17½
x-Boston	39	36	.520	19½
Milwaukee	36	38	.486	22
Philadelphia	30	44	.405	28
<b>Toronto</b>	<b>28</b>	<b>47</b>	<b>.373</b>	<b>30½</b>
Washington	28	47	.373	30½
Detroit	25	51	.329	34
Cleveland	22	52	.297	36
Orlando	19	57	.250	40
Charlotte	18	57	.240	40½

#### WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	56	19	.747	—
x-Oklahoma City	54	20	.730	1½
x-Denver	51	24	.680	5
x-L.A. Clippers	49	26	.653	7
x-Memphis	51	24	.680	5
Golden State	42	32	.568	13½
Houston	41	33	.554	14½
L.A. Lakers	39	36	.520	17
Utah	39	37	.513	17½
Dallas	36	38	.486	19½
Portland	33	42	.440	23
Minnesota	28	46	.378	27½
Sacramento	27	47	.365	28½
New Orleans	26	48	.351	29½
Phoenix	23	51	.311	32½

x — clinched playoff berth; z — clinched conference.

#### WEDNESDAY'S RESULTS

**Toronto 88** Washington 78  
**Brooklyn 113** Cleveland 95  
 Charlotte 88 Philadelphia 83  
 New York 95 Atlanta 82  
 Boston 98 Detroit 93  
 Minnesota 107 Milwaukee 98  
 San Antonio 98 Orlando 84  
 Denver 113 Utah 96  
 Memphis at Portland  
 Houston at Sacramento  
 New Orleans at Golden State  
 Phoenix at L.A. Clippers  
**THURSDAY'S GAMES — All Times Eastern**  
 Chicago at Brooklyn, 7 p.m.  
 Dallas at Denver, 9 p.m.  
 San Antonio at Oklahoma City, 9:30 p.m.

### NHL

#### EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Pittsburgh	38	28	10	0	0	125	94	56
d-Montreal	36	23	8	3	2	114	89	51
d-Winnipeg	38	18	18	0	2	93	115	38
Boston	35	23	8	2	2	100	77	50
Toronto	36	20	12	0	4	112	100	44
Ottawa	36	19	11	2	4	91	79	44
NV Rangers	36	18	15	0	3	88	87	39
New Jersey	36	15	12	3	6	89	100	39
NV Islanders	37	18	16	3	0	108	115	39
Washington	36	17	17	2	0	107	104	36
Philadelphia	36	16	17	1	2	100	111	35
Carolina	35	16	17	1	1	96	106	34
Buffalo	37	14	17	2	4	98	114	34
Tampa Bay	35	15	18	0	2	112	106	32
Florida	37	12	19	5	1	91	127	30

#### WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
d-Chicago	35	27	5	0	3	119	76	57
d-Anaheim	36	24	7	2	3	111	90	53
d-Minnesota	35	21	12	1	1	98	90	44
Vancouver	36	19	11	1	5	94	93	44
Los Angeles	36	20	13	1	2	104	91	43
San Jose	35	18	11	3	3	88	86	42
Detroit	36	18	13	3	2	94	94	41
St. Louis	34	18	14	1	1	98	94	38
Nashville	37	15	14	2	6	92	100	38
Edmonton	35	15	13	4	3	91	96	37
Columbus	36	15	14	3	4	87	97	37
Phoenix	36	15	15	2	4	97	102	36
Dallas	35	16	16	2	1	94	107	35
Calgary	34	13	17	1	3	94	118	30
Colorado	36	12	20	3	1	87	114	28

d — division leader. **Note** — division leaders ranked in top three positions per conference regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

#### WEDNESDAY'S RESULTS

Philadelphia 5 Montreal 3  
 NY Rangers 6 Pittsburgh 1  
 Edmonton at Calgary  
 Dallas at Anaheim  
 Minnesota at San Jose  
**THURSDAY'S GAMES — All Times Eastern**  
 New Jersey at Boston, 7 p.m.  
 Philadelphia at Toronto, 7 p.m.  
 NY Islanders at Washington, 7 p.m.  
 Tampa Bay at Carolina, 7 p.m.  
 Winnipeg at Montreal, 7:30 p.m.  
 Columbus at Nashville, 8 p.m.  
 St. Louis at Chicago, 8:30 p.m.  
 Detroit at Phoenix, 10 p.m.  
 Minnesota at Los Angeles, 10:30 p.m.  
 Edmonton at Vancouver, 10:30 p.m.

### MLB

#### AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	2	0	1.000	—
Baltimore	1	1	.500	1
Tampa Bay	1	1	.500	1
New York	0	2	.000	2
<b>Toronto</b>	<b>0</b>	<b>2</b>	<b>.000</b>	<b>2</b>
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	2	0	1.000	—
Cleveland	2	0	1.000	—
Detroit	1	1	.500	1
Minnesota	1	1	.500	1
Kansas City	0	2	.000	2
WEST DIVISION				
	W	L	Pct	GB
Seattle	2	0	1.000	—
Texas	2	1	.667	½
Los Angeles	1	1	.500	1
Houston	1	2	.333	1½
Oakland	0	2	.000	2

#### WEDNESDAY'S RESULTS

Chicago White Sox 5 Kansas City 2  
 Texas 4 Houston 0  
 Minnesota 3 Detroit 2  
 Boston 7 N.Y. Yankees 4  
 Cleveland 3 Toronto 2 (11)  
 Tampa Bay 8 Baltimore 7  
 Seattle at Oakland  
**THURSDAY'S GAMES — All Times Eastern**  
 Detroit (Porcello 0-0) at Minnesota (Pelfrey 0-0), 1:10 p.m.  
 Kansas City (Guthrie 0-0) at Chicago (White Sox (Floyd 0-0), 2:10 p.m.  
 Baltimore (Gonzalez 0-0) at Tampa Bay (Hernandez 0-0), 3:10 p.m.  
 Seattle (Maurer 0-0) at Oakland (Griffin 0-0), 3:35 p.m.  
 Boston (Dempster 0-0) at N.Y. Yankees (Pettitte 0-0), 7:05 p.m.  
 Cleveland (Myers 0-0) at Toronto (Buehrle 0-0), 7:07 p.m.

#### NATIONAL LEAGUE

**THURSDAY'S GAMES — All Times Eastern**  
 L.A. Angels (Blanton 0-0) at Cincinnati (Arroyo 0-0), 12:35 p.m.  
 Chicago Cubs (Wood 0-0) at Pittsburgh (McDonald 0-0), 12:35 p.m.  
 San Diego (Stults 0-0) at N.Y. Mets (Gee 0-0), 1:10 p.m.  
 Miami (Lobanc 0-0) at Washington (Zimmerman 0-0), 4:05 p.m.  
 Philadelphia (Lee 0-0) at Atlanta (Medlen 0-0), 7:10 p.m.





## Horoscopes

### Aries

March 21 - April 20

You may be down because you have not accomplished as much as you had planned but there is really no point moaning about it. Just set new targets and get on with your life.

### Taurus

April 21 - May 21

You will need to compromise today, especially where money is concerned. It does not matter what your feelings are, it matters only that you reach an agreement with those who hold the purse strings.

### Gemini

May 22 - June 21

Be careful what you say over the next 24 hours as the planets warn someone could take your words the wrong way. You know how touchy some people can be and how easy it is to lose friends.

### Cancer

June 22 - July 23

Before you do anything else today, remind yourself that you are the boss. If you want to change your plans because your mood has changed that is entirely up to you. Friends and family should know you by now.

### Leo

July 24 - Aug. 23

The choices you make over the next few days will have a huge impact on the direction your life takes over the next few months. Don't be afraid to commit yourself to a creative project. You can make it work.

### Virgo

Aug. 24 - Sept. 23

Your time is precious, so don't waste it on trivial things and trivial people. You know what you should be doing — you can feel it in your bones — so get on with it. It's all about setting the right priorities.

### Libra

Sept. 24 - Oct. 23

You need to have words with someone who has let you down. You need to let them know you are not amused. Don't accept excuses but don't make them feel too bad either. You're still friends after all.

### Scorpio

Oct. 24 - Nov. 22

You feel a bit tired after all the comings and goings of the past few days and should treat yourself to a break. Remember the law of diminishing returns: past a certain point, it's futile to work harder.

### Sagittarius

Nov. 23 - Dec. 21

If you merely assume that things will turn out right, they may. But they could just as easily go wrong. Ask yourself what you can actually do to ensure the desired result — then do it.

### Capricorn

Dec. 22 - Jan. 20

The only thing that can hold you back now is a lack of self-confidence. Others may think you are supremely assured but there is in fact a major doubt nagging away inside you. Deal with it quickly.

### Aquarius

Jan. 21 - Feb. 19

Everything you say and do has an effect on other people, even people you don't know personally, so think before you speak and act. On a cosmic level, you are responsible for others as well as yourself.

### Pisces

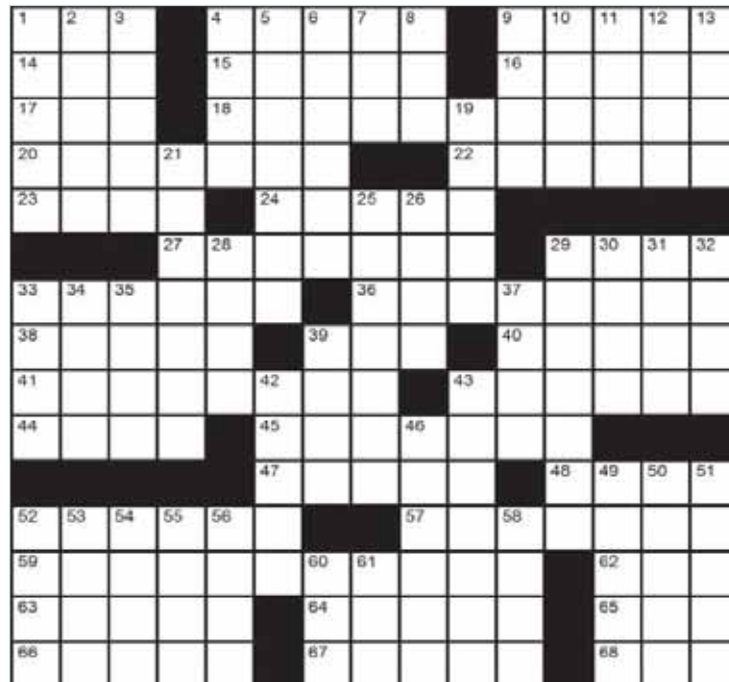
Feb. 20 - March 20

If you want to succeed, you need to be aware not only of areas where you are good but also areas where you are not so good. What are your weaknesses? **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- Tuktoyaktuk locale, for short
- \_\_\_ Current, Saskatchewan
- Superman's father on the planet Krypton, \_\_\_
- 1988 Poison album: 'Open Up and Say... \_\_\_!'
- Chocolate source
- TV teaser
- Spirit's sound
- Michael J. Fox TV role, \_\_\_
- Country singer Ms. Lambert
- Church: French
- "Say it \_\_\_ so!"
- Pointed arch in architecture
- Bug
- Superlative suffix
- Change the house's topping again
- Outfit
- On-the-road reversal
- Surgery sites, for short
- Cook's garb
- Shakespearean tragedy, Troilus and \_\_\_
- Soldiers
- Larry \_\_\_ (Tony's original portrayer on Broadway in West Side Story)
- Negotiations
- Bar, legally
- Dutch cheese
- Layers combed for fossils



### Down

- One of The Judds
- "\_\_\_ it?" (Asked at the door)
- Rose's one-of-some
- All-in-one printer function
- "The Muppet Show" hecklers, Statler & \_\_\_
- Pleistocene event: 2 wds.
- All-in-one printer

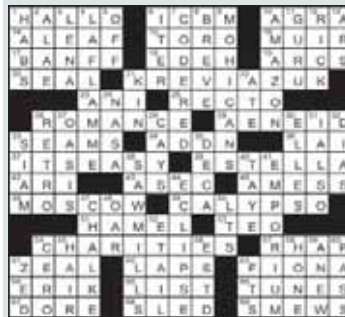
### function

- Shirt
- PC image file format
- Spoken
- Roast: French
- Namesakes of funnyman Mr. Philips
- Sole
- Doesn't discard
- If everything else fails: 2 wds.
- Repetitive

- Some delivery vehicles
- Particles
- Puts upon
- River of Spain
- Food-like food
- Some money bills
- Tip to 'sack' (Backpack)
- Raison d'\_\_\_
- Penitent person
- "My Name Is \_\_\_"
- Poetic pieces
- Model of perfection
- Like wrists and ankles for some athletes: 2 wds.
- Backstage mentor on "American Idol", Jimmy \_\_\_
- Part of Fred Flintstone's exclamation!
- Do well, for instance, on an exam: 2 wds.
- \_\_\_ Lake Accord
- Originate from
- \_\_\_planting ceremony
- \_\_\_ avis (Rare bird, Latin style)

- Keen
- Kicker's pegs
- Sleep stages, commonly
- Make small talk
- French article

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

7	2	9	1	6	5	8	4	3
4	5	3	8	9	7	2	1	6
6	1	8	2	3	4	9	7	5
3	6	1	4	5	9	7	8	2
9	7	2	3	8	1	6	5	4
5	8	4	7	2	6	1	3	9
8	9	7	6	4	3	5	2	1
2	3	6	5	1	8	4	9	7
1	4	5	9	7	2	3	6	8

2	4					6		3
		3	6	4			5	8
7				3	5			9
			9		8	1	7	
		4		7		8		
	7	8	2		1			
	5			2	9			1
3	1				4	2	6	
8		2					4	7

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**Friday**

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